

National Public Health Week: *Living Stronger, Longer*

This year, the Gallatin City-County Health Department is partnering with the American Public Health Association to promote “stronger and longer living” for Gallatin County citizens. We understand that a great part of why people live here is for the clean air and abundant opportunities to practice an active lifestyle. A clean environment and healthy lifestyle are essential to overall good health and long living. Yet, many other actions can contribute to a stronger and longer life. Such is the focus of this newsletter. We hope you take charge of your health, and others close to you, through prevention, protection, and planning.

Checklist of Recommended Screening Tests for Adults Age 55 or Older Without Risk Factors

Recommended screenings vary in frequency, gender, age, and by genetic and lifestyle risk factors. Check with your physician for specific suggestions.

- Colon cancer
- Skin, thyroid, and other cancers
- Hypertension (blood pressure)
- Diabetes mellitus
- Vision loss
- Hearing loss

Women only

- Breast cancer
- Cervical, uterine cancers
- Osteoporosis
- Hypothyroidism

Men only

- Prostate cancer

Recommended Vaccinations

- Influenza, Annually
- Pneumonia, every 10 years
- Tetanus, diphtheria, every 10 years

Prevent, Protect, and Plan: Maintaining Your Health

Prevent Problems From Happening

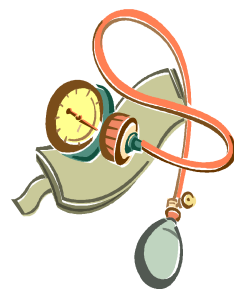
- *Immunizations:* Keep your immunizations up to date to reduce the risk of hospitalization and death from common preventable diseases.
- *Prescriptions:* Take prescribed medications and follow your physician's treatment plan to help prevent worsening symptoms of illnesses and other conditions.
- *Safe environment:* Use precautionary measures and preventative actions to reduce your chances of debilitating injuries.
- *Lifestyle:* Adopt healthy lifestyle choices to reduce the chances of getting chronic diseases.

Protect Your Health Through Early Detection

- *Health Check-ups:* Get annual health exams. Check with your physician for

recommended screenings.

- *Self-exams:* Learn about conducting self-exams for skin, breast and testicular cancer, as well as taking blood pressures for those at high risk.



Plan to Stay Healthy

- *Illness Management:* Follow treatment plans and proper prescription doses as prescribed and recommended by your physician.
- *Health Action Plan:* Create and follow a health action plan. Set personal goals and plan strategies to achieve them.

Montana Health Facts: Did you Know?...

- 5.5% of Montana adults have Diabetes (2003)
- 11% of Montana adults have Asthma (2003)
- 19% of Montana adults are considered obese (2003)
- The leading cause of cancer among Montana men is prostate cancer (32%)
- The leading cause of cancer among Montana women is breast cancer (33%)
- The injury death rate in Montana is 40% higher than the national average

New Medicare Benefits Aimed at Prevention

Historically, Medicare's coverage has focused on paying to treat costly health problems after they occur. The best way to deal with health problems is to prevent them when possible. In recent years, Medicare has added a number of screenings and preventive services. Medicare's benefits continue to include: vaccinations, bone mass measurement, glaucoma screenings, medical nutrition therapy, and screenings for cancers of the colon, breast, cervix, and prostate.

Medicare has made a number of improvements to encourage people with Medicare to use these important preventive services. Beginning in 2005, all people newly enrolled in Medicare Part B will be covered for an initial "Welcome to Medicare" physical examination. This exam **must** take place during the first six months after enrollment. The "Welcome to Medicare" physical exam includes:

- measurement of height, weight, and blood pressure;
- an electrocardiogram; and
- education, counseling, and referrals related to other preventive benefits covered by Medicare, such as screenings and disease prevention services.



The "Welcome to Medicare" physical exam provides all people newly enrolled in Medicare with an opportunity to discuss the importance of preventive care and living a healthy lifestyle with their physician.

The Gallatin City-County Health Department's mission is to protect and promote the health of County citizens and the environment through the efforts of dedicated and skilled employees and application of sound public health principles.

Health Department Programs to Check out

Breast & Cervical Health: Provides information and free mammograms and pap tests to qualified low-income women ages 50-64.

TB Skin Testing: Skin testing is offered at weekly clinics for a small fee.

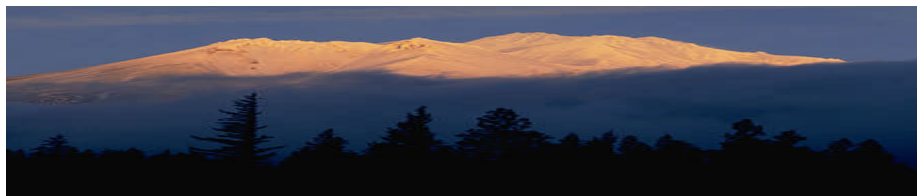
Adult Immunization Clinics: Vaccines available at these clinics include Hepatitis A & B, Influenza (Flu shots), Chickenpox, Pneumovac, MMR, Tetanus-diphtheria, Polio, and Yellow Fever (for International travelers). Fees vary depending on type of vaccine.

Call 582-3100 for more information!

Life Expectancy Remains on the Rise

Americans are living longer than ever before. Life expectancies at both age 65 and age 85 have increased. Under current mortality conditions, people who survive to age 65 can expect to live an average of nearly 18 more years, more than 6 years longer than people age 65 in 1900. The life expectancy of people who survive to age 85 today is about 7 years for women and 6 years for men.

—Federal Interagency Forum on Aging-Related Statistics



Plan for the Future: Assessing Your Health Status

Want to know how long you may expect to live given you maintain your current lifestyle? Try taking the Living to 100 Healthspan Calculator.

This web user-friendly health assessment

will not only calculate your life expectancy, but also give you helpful recommendations for a



healthier lifestyle based on your current health status. All you need to do is visit their website at <http://www.agingresearch.org/calculator/> and complete an anonymous survey. Expect to take 15 to 20 minutes to complete. After submitting your answers, a complete report will provide suggestions for lifestyle changes and interpret important health data. Hope you reach 100 years!



"Committed to the protection and promotion of public health."

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